



BROWN BELT (2ND KYU)

- Stripe One:** Crescent Kicks
- Outside-In Crescent Kick
 - Inside-Out Crescent Kick
 - Spinning Crescent Kick
 - Jump Spin Crescent Kick
- Triple Lunge Punch
- Stripe Two:** Empeiha Kata
- Stripe Three:** Bo Basics
- Lunge
 - Small Change Strike
 - Big Change Strike
 - Overhead Strike
 - High Block (forward and back w/ big change reset)
 - Middle Block (forward and back w/ big change reset)
 - Low Block (forward and back w/ big change reset)
 - Low Wrapping Block with Counter
- Stripe Four:** Switch Sweeps
- Power Broom to Rear Dump
 - Rear Dump to Power Broom
 - Rear Dump to Double Leg Takedown
- Stripe Five:** Saifa Kata
- Stripe Six:** Soft Self-Defense
- Push Block Takedown
 - Circle Palm Takedown
 - Fan Hook Takedown
 - Low Arc Takedown